



The National Survey of Children's Health

Overweight and Physical Activity Among Children:
A Portrait of States and the Nation 2005

Michigan

All statistics are based on parental reports.

National %	State %	
14.8	14.5	Percent of children who are overweight
21.9	18.6	Age 10-11
14.4	15.1	Age 12-14
10.7	11.3	Age 15-17
22.4	19.1	0-99% Federal poverty level
19.0	22.6	100-199% Federal poverty level
13.7	15.2	200-399% Federal poverty level
9.1	6.2	400% Federal poverty level or more
18.1	16.3	Male
11.5	12.4	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	69.6	
78.2	77.0	Age 10-11
74.2	76.5	Age 12-14
63.3	57.4	Age 15-17
76.8	76.7	Male
65.6	61.7	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	64.7	
61.5	66.5	Age 10-11
61.6	68.5	Age 12-14
53.4	59.4	Age 15-17
62.1	68.0	Male
55.0	61.1	Female
72.9	71.2	Percent of children with at least one parent who exercises regularly